تُحْفَةُ الْبَنَاتِ

MENSTRUATION & RELATED ISSUES:

A Simple Guide

Azhar Academy Ltd

تُحْفَةُ الْبَنَاتِ

A GIFT FOR THE DAUGHTERS OF THE UMMAH

Prepared by:

Jamiatul Ulama (KZN)

Ta'limi Board

Title: A GIFT FOR THE DAUGHTERS OF THE UMMAH

Prepared and Published by:

Jamiatul Ulama (KZN)
Ta'limi Board
4 Third Avenue

P.O. Box 26024
Isipingo Beach
4115
South Africa

Tel: +27-31 912 2172
Fax: +27-31 902 9268
E-mail: talimiboard@webmail.co.za
First edition: Rajab 1428 / August 2007

For the esaale - sawaab of the entire *Ummah* of Nabi ﷺ

2. A humble appeal is directed to readers to offer suggestions, corrections, etc. to improve the quality of this publication in the future. May Allah ﷻ reward you for this.
3. The author, sponsors and typesetter humbly request your duas for them, their parents, families, Mashaikh and Asaatidha

CONTENTS:

FOREWORD **1**

PREFACE **2**

INTRODUCTION **3**

LESSON ONE **4**

WHAT IS HAIDH? 4
(PERIOD / MENSTRUATION / MENSES) 4

LESSON TWO **6**

BULOOGH (PUBERTY) 6

LESSON THREE **9**

SYMPTOMS OF YOUR FIRST HAIDH 9
DISCHARGES 9
DIFFERENT COLOUR DISCHARGES AND WHAT THEY MEAN 9

LESSON FOUR **11**

PERSONAL HYGIENE DURING YOUR HAIDH 11
HOW OFTEN DO I CHANGE MY PAD? 11
WHY DO I FIND AN ODOUR WHEN I CHANGE MY PAD? 11
HOW CAN I PREVENT THIS ODOUR FROM EMINATING? 11
HOW DO I DISPOSE OF THE SANITARY PAD? 12
HOW DO I KNOW WHEN MY HAIDH HAS STOPPED? 12

LESSON FIVE **14**

GHUSL AFTER HAIDH 14
HOW SOON SHOULD I MAKE GHUSL AFTER MY HAIDH HAS STOPPED? 14
THE SUNNAH METHOD OF MAKING GHUSAL 14
FARAAIDH OF GHUSL 14
IMPORTANT POINTS TO REMEMBER 15
REMOVAL OF UNWANTED HAIR AT THE TIME OF GHUSL 15

LESSON SIX **17**

CALCULATION OF HAIDH 17

LESSON SEVEN **19**

DURATION OF HAIDH........ 19

LESSON EIGHT **22**

WHAT SHOULD YOU DO IF YOUR HAIDH STARTS WHILST YOU ARE AT SCHOOL 22
WHAT YOU SHOULD REMEMBER IF YOUR HAIDH STARTS AT MADRASAH 22

LESSON NINE 24

HAIDH AND SALAAH 24

LESSON TEN 26

TIMES OF SALAAH 26

LESSON ELEVEN 29

HAIDH AND FASTING 29

LESSON TWELVE 31

HAIDH AND ZIKR (REMEMBRANCE OF ALLAH ﷻ) 31

LESSON THIRTEEN 34

ISTIHAADHA 34
NIFAAS 34

BENEFITS OF PERFORMING SALAAH 36

WARNING FOR NEGLECTING SALAAH 36

SAAHIB – E – TARTEEB 38

A LETTER TO MY BELOVED SISTER!!! 39

MODESTY IN ISLAM 42

DON'T BE SHY TO ASK…… 47

FINAL WORKSHEET- ONE MONTH LATER…. 49

HAIDH RECORD CHART 50

MY HAIDH DIARY 51

GLOSSARY OF TERMS 52

Foreword

Allah ﷻ declared in the Qur'aan-al-Kareem: "Verily the only Deen (acceptable) by Allah ﷻ is Islaam." We therefore can never express enough gratitude for the favour of Islaam which Allah ﷻ has blessed us with.

Islaam is a complete way of life. It provides detail guidance to every aspect of one's existence from before the cradle to after the grave. A Jew once mockingly remarked to Hadhrat Salmaan Faarsi ؓ that "Your Nabi ﷺ teaches you everything including how to relieve yourself!" He intended to mock the teachings of Nabi ﷺ pertaining to istinjaa, (cleansing oneself after answering the call of nature) as he felt that this was an aspect that needed no discussion. Hadhrat Abdullah bin Mas'ood ؓ was no apologist. He turned around the Jew's intended insults into a statement of praise and responded: "Yes (indeed Nabi ﷺ taught as all these details). He taught us not to make istinjaa with our right hand, etc." (Sahih Muslim).

Deen has taught us everything in life. Included in these teachings are the details pertaining to puberty and all related issues.

Upon reaching the age of puberty, one becomes mukallaf (answerable for the fulfilment of the laws of Deen). Salaah, fasting and other aspects of Deen become compulsory. Thus, the relevant masaail must be known in advance so that one can properly discharge one's obligations.

The book in your hands has been prepared for the very same purpose, to teach girls the masaail and practical aspects that will affect them upon becoming baaligha (age of puberty). This text book will, Insha Allah, greatly assist mothers and mu'allimahs in imparting this essential knowledge to the daughters of the Ummah.

The topic is fundamentally important and also very sensitive. Teaching of these aspects should therefore be handled appropriately, especially when teaching an entire class.

May Allah ﷻ bless the compilers and all those who assisted or contributed in any and every way. May Allah ﷻ grant them barakah in their lives and give them the best of both worlds. May the ummah also greatly benefit from this book. Aameen.

Moulana Muhammad Ilyas Patel Saheb
Ameer – Ta'limi Board.

بسم الله الرحمن الرحيم

PREFACE

This kitaab is dedicated to all the young sisters of this *ummah*. We make dua that Allah ﷾ makes this kitaab a means of Hidaayat (guidance) for you. Insha Allah!

We humbly request your duas for those who were involved in compiling this kitaab. May Allah ﷾ reward them and their families with His pleasure, grant them sincerity, forgiveness, true success in this world and the Aakhirah and use them for the efforts of His Deen. Aameen!

Rabbana Taqabbal Minna Innaka Antas Sameeul Aleem Wa tub alayna Innaka antat Tawwaabur Raheem

The readers are humbly requested to kindly notify the Ta'limi Board of any errors or inaccuracies. Constructive criticism and suggestions are also welcome. Your input will be greatly appreciated and will be considered in future editions.

INTRODUCTION

Allah ﷾ has created the human being as 'ASHRAFUL MAKHLOOQAAT' (the best of His creation). Males and females have been created differently with their own unique physical and emotional characteristics. All these are signs of His evident power and greatness.

A female's first haidh (period/menstruation) is actually a transition or crossing over for her from childhood to adulthood. It is an important time in her life, because along with this change comes huge responsibilities.

Apart from physical changes (which take place inside our bodies), we undergo emotional changes (the way we feel), as well as mental changes (the way we understand things). It is, therefore, very important for us to prepare ourselves for this transformation.

This body is an amaanah (trust) from Allah ﷾. We use it to make the ibaadah (worship) of Allah ﷾. Therefore, it is important that we take care of it as best we can in order to fulfil the rights of Allah ﷾. However, it is not only our physical strength and mental well-being that we ought to worry about, but also our personal hygiene.

Allah ﷾ says in the Qur'aan: "Verily, Allah ﷾ loves the repenters and those who purify themselves." (Surah Baqarah, Aayat No. 222)

Many girls who have not yet experienced their periods or who have just started menstruating are either unprepared or uninformed about their period/menstruating, leaving them unaware as to what to do or expect once they begin.

This booklet has been compiled especially for our young sisters (9 – 12 year olds) and may also be used as a guide for those mothers who find it difficult to speak to their daughters about these matters.

With the help of Allah ﷾ and by means of the following information, we will have a better idea of how our bodies work and how to cope with the changes that our bodies undergo.

LESSON ONE

WHAT IS HAIDH?

(period / menstruation / menses)

Allah ﷻ has created in the female body a very special and unique organ called **'The Womb or Uterus'.**

The womb is about the size of your fist and is shaped like a pear turned upside down. Its walls are made of strong, stretchy muscle. Each month a lining builds up on the walls of the womb. The body then sheds this lining. This shedding is called **'Menstruation' (haidh / period).**

This shedding occurs in the form of a discharge which flows out of the front private part. This discharge is known as **menstrual blood** and consists mostly of blood, the uterine lining and mucus. This discharge occurs for a few days and may vary according to the individual, depending on her menstrual cycle. For most girls, bleeding is heaviest during the first 2 days after which it becomes lighter.

The colour of this discharge will change during a period. It may be a brownish red at the beginning, then changing to dark red in the middle and back to brownish red at the end. Sometimes, the discharge may consist of dark red clots of blood. This is quite normal and there is nothing to worry about as it is part of the uterine lining and is considered normal. However, if it continues for a long period, a doctor should be consulted.

We will now refer to your 'period' with the Arabic term 'haidh'.

LESSON ONE

WORKSHEET ONE

1. Describe the womb?____
____
____
____
____
2. How does menstruation occur?______________________________
____
____
____
____
____
3. Describe the colour of the discharge at the beginning, middle and end of your haidh? ______________________________________
____
____
____
____
____

LESSON TWO

BULOOGH (PUBERTY)

1. A girl is said to be baaligha (mature) or an adult if she experiences any of the following:
   - The monthly period (haidh) after the age of 9.
   - If she experiences a wet dream.
   - She falls pregnant without having haidh.
   - She reaches the age of 14 ½ without experiencing any of the above.
2. On reaching the age of puberty, all the laws of Islam such as *salaah* (prayers), *saum* (fasting), *hijaab* (covering the body), etc. become fardh (compulsory) on her. If she neglects or leaves out any of these laws, she becomes a sinner.
3. Ghusl (bath) becomes fardh (compulsory) after haidh stops. Neglecting and delaying making ghusl to the extent that a fardh salaah is missed becomes a major sin.
4. In order to keep the body and clothes clean from impurities during haidh, it is mustahab (preferable) for a girl to use a sanitary pad.

   Present day sanitary pads consist of several layers of cotton made to absorb liquid. It has an adhesive strip (sticky tape) on one side. When you need to use one, peel off the strip and stick the pad onto the inside of your underwear with the sticky side down.

   It is advisable to use a thicker and longer pad for the first few days when the bleeding is heavy. Change the size of the pad according to the flow of blood.

   Do not feel shy or ashamed to seek help in using the pad correctly during your first period from your mother, elder sister, aunt, etc.
5. As soon as a girl notices blood, she is now in a state of impurity. She is prohibited from performing salaah, fasting, reciting and touching the Qur’aan Shareef.

6. The laws of hijaab (i.e. to cover the body using loose fitting clothing and covering the face) are compulsory in the presence of ghair mahram males (those males whom it is permissible to marry as well as non-Muslims). Therefore, be very particular as to how you dress. Even in the presence of Mahrams (those who one cannot marry) the entire body excluding the hands, face, and feet should not be exposed as this is your "Satr". This is recommended, especially in these times of evil and mischief, although not compulsory.

7. If the satr (the entire body excluding the face, feet and hands) is exposed, it will lead to sin and the displeasure of Allah سبحانه وتعالى. Modesty is half of Imaan, therefore we should be careful as to how we behave around males, especially those who are ghair mahram (those males whom we are allowed to marry) whether they are class boys, neighbours, cousins, etc.

8. Our dressing should be of such a style, that if the time of salaah approaches, we will be able to perform salaah in those very same clothes. Out of modesty, we should dress in this manner at all times even though we may be in the presence of our father, brother, son, etc.

9. While the above laws are compulsory upon buloogh, a girl must observe all these laws from the time she is a muraahiqa (near puberty). This is from the age of nine.

LESSON TWO

WORKSHEET TWO

1. When will a girl become baaligha (mature)?________________
2. What would become fardh on such a girl?__________________
3. Will she be called a sinner if she neglects the above?_________
4. What will happen if she delays making ghusl?_______________
5. What is a sanitary pad and why do you use it?_______________
6. When will you be regarded as being in a state of uncleanliness?_
7. Which actions are impermissible in this unclean state?________
8. What is the 'satr' of a female?_____________________________
9. Who are ghair mahrams? Give examples of them.____________

LESSON THREE

SYMPTOMS OF YOUR FIRST HAIDH

You can experience your first haidh between the ages of nine and fifteen. Some changes may occur before you actually get your haidh.

Example:

1. You may notice a whitish discharge a few months before you actually start your haidh. Closer to your haidh, this discharge may turn brown for a while and finally you will see red menstrual blood.
2. You may get stomach cramps.
3. Your tummy may look and feel bloated.
4. You may suffer from back pain.
5. You may get headaches.
6. You may feel tired (fatigued).
7. You may feel irritable (moody).
8. Pimples may break out on your face.
9. Your breasts start growing.
10. You will notice hair growth under your armpits and around the private parts.

DISCHARGES

Sometimes you may notice a clear or milky discharge before or after your haidh. This is normal. However, if you see that the colour and smell of the discharge has changed, then it is your body's way of telling you that there is something wrong. This is generally not a serious problem and can be easily cured by your doctor.

DIFFERENT COLOUR DISCHARGES AND WHAT THEY MEAN

Yellow or green: It may be that you have an infection, especially if it is thick and has a bad odour.

Brown: This is your body's way of getting rid of old blood. This usually happens when you are about to start your haidh or towards the ending of your haidh. This type of discharge will fall under haidh or it could be istihaadha (bleeding due to illness.)
All discharges are napaak (impure), it will be advisable to wear a pantyliner or a thin pad and make a fresh wudhu for every salaah.

LESSON THREE

WORKSHEET THREE

1. From what age can a girl experience her first haidh?__________
   ____
   ____
   ____
2. List three changes that may occur before you get your haidh?__
   ____
   ____
   ____
   ____
3. When you notice a yellowish discharge, what does this tell you?
   ____
   ____
   ____
4. When does the brownish discharge usually occur?___________
   ____
   ____
   ____
5. What should you do if you experience a discharge?__________
   ____
   ____
   ____

LESSON FOUR

PERSONAL HYGIENE DURING YOUR HAIDH

Below are some questions which you may have asked yourself but never found answers to or which you may have been too shy to ask others.

HOW OFTEN DO I CHANGE MY PAD?

- Change your pad according to your flow. It would be best though to change it every 2 or 3 hours during the first half of your haidh (day 1 to 3) and every 4 to 5 hours during the second half (day 4 to 7).
- Pads have a plastic lining between layers of soft cotton to keep blood from leaking through. If you wear a pad for too long, blood can leak from the sides. An odour develops when menstrual blood comes into contact with air.

WHY DO I FIND AN ODOUR WHEN I CHANGE MY PAD?

This odour is caused by 2 things.

- The germs in your menstrual blood mixing with air.
- It is caused by oestrogen (a substance in the body which produces mucus so that the blood can flow.)

We should be very particular about keeping ourselves clean especially during our haidh otherwise an unpleasant odour will emit form us.

HOW CAN I PREVENT THIS ODOUR FROM EMINATING?

- Change your pad often.
- Take a bath or shower daily.
- Change your underwear daily.
- Change blood stained underwear immediately.
- Remember to wash your underwear yourself.

- You may use some kind of fragrance after taking your ghusl (bath), but keep in mind the following points:

1. The fragrance should be halaal. (Non-Alcoholic)
2. Fragrance should only be used within your home, because Nabi ﷺ has forbidden females from using perfume outside the home.

HOW DO I DISPOSE OF THE SANITARY PAD?

- Roll up the pad as small as possible and wrap it in a newspaper and throw it into the bin. It would be better if you place it in a plastic bag and then dispose of it.
- DO NOT flush your pad down the toilet as this could clog the toilet.

HOW DO I KNOW WHEN MY HAIDH HAS STOPPED?

Your pad has to be absolutely white, there should be no coloured discharge on it.

LESSON FOUR

WORKSHEET FOUR

1. How often should you change your pad?____________________
____
____
2. What causes this odour?__________________________________
____
____
3. List 3 things that you can do to prevent other people from smelling this 'odour'?________________________________
____
____
____
4. How should you dispose of your pad?______________________
____
____
____
5. How would you know when your haidh has stopped?_________
____
____
____
____

LESSON FIVE

GHUSL AFTER HAIDH

HOW SOON SHOULD I MAKE GHUSL AFTER MY HAIDH HAS STOPPED?

Ghusl has to be made as soon as possible. Difficulty in washing long hair, especially when it is cold, cannot be used as an excuse for delaying ghusl.

One should make it a point of noting down one's habit (monthly cycle) and learn the correct times of salaah so that one's salaah may not be delayed unnecessarily.

THE SUNNAH METHOD OF MAKING GHUSAL

- Make niyyah: "I am making ghusl to purify myself from hadath-e-akbar (major impurity)".
- Wash both hands upto the wrists thrice.
- Wash off any impurities that may be on your body.
- Make istinjaa (wash the private parts). Those who are using a shower should be extra careful. Not being particular about this will result in the ghusl being invalid. Nabi ﷺ advised the females during his time to use a piece of cloth for washing themselves so that no trace of impurity is left.
- Make a complete Sunnah wudhu.
- Pour water over the entire head, thereafter over the right side of the body and then over the left side, this should be done three times. Ensure that you rub the entire body thoroughly. This would include inside and behind the ears, nose-ring and ear-ring holes, navel, armpits, behind the knees and under the feet.

FARAAIDH OF GHUSL

1. Gargling the entire mouth.
2. Rinsing the nostrils until the bone.
3. Washing the entire body without leaving a hair's breadth dry.

IMPORTANT POINTS TO REMEMBER

The roots of the hair must be wet and water should penetrate it. If the root of even one strand of hair is left dry, then the ghusl will not be accepted.

- Any food particles stuck in-between the teeth should be removed, otherwise the ghusl will remain incomplete.
- Take extra care to remove substances that stick to your skin and do not allow water to penetrate, e.g. tippex, glue, dough, cutex, hair gel, makeup, etc.

REMOVAL OF UNWANTED HAIR AT THE TIME OF GHUSL

- It is mustahab to remove unwanted hair (hair from under the arms and pubic area) once a week. If one does not remove this hair weekly, one should at least remove them every two weeks. If a person leaves this hair for more than 40 days, she will be sinning.
- During the state of hadath-e-akbar, one should not remove unwanted hair or clip the nails. Therefore, the unwanted hair should be removed only after the ghusl is made.
- If the hair or nails are overgrown due to nifaas (bleeding after childbirth) which may be for 40 days then the hair and nails may be removed and clipped before the completion of nifaas.
- Hair removing creams as well as razors may be used to remove unwanted hair. However, be very careful not to hurt yourself.

LESSON FIVE

WORKSHEET FIVE

1. How soon after haidh should you make ghusl?______________
____
2. What is Hadath-e-Akbar?_________________________________
____
3. What is istinjaa?______________________________________
____
____
4. What did Nabi ﷺ advise females to do during ghusl?________
____
____
5. Which parts of the body should we be extremely particular about washing?____
____
6. How often should you remove unwanted hair?______________
____
7. What will happen if you neglect removing unwanted hair for more than 40 days?__________________________________
____
8. When are we not allowed to remove unwanted hair and clip the nails?____
____
9. What can we use to remove unwanted hair?________________
____
10. Why shouldn't we use any hair gel?_______________________
____
11. Is ghusl valid if food particles are stuck between the teeth? __
____
____
12. What must one do if there is tippex or cutex on the fingernails?
____
____

LESSON SIX

CALCULATION OF HAIDH

Every female has a different menstrual cycle (the time your haidh starts and ends each month). You will calculate the first day of your cycle from the moment you notice a bloody discharge.

Example:

Swaaliha's haidh started at Zuhr time on Monday, 5th Ramadhaan. She continued bleeding for 7 days (till the 12th Ramadhaan). This is how she will calculate her cycle…..

LUNAR CALENDER - RAMADHAAN			
DAY / DATE	HAIDH BEGAN (salaah time)	HAIDH DAY NUMBER	QADHA (MISSED) FASTS
Monday, 5	Zuhr	Day 1	Fast 1
Tuesday, 6	Zuhr		Fast 2
Wednesday, 7	Zuhr	Day 2	Fast 3
Thursday, 8	Zuhr	Day 3	Fast 4
Friday, 9	Zuhr	Day 4	Fast 5
Saturday, 10	Zuhr	Day 5	Fast 6
Sunday, 11	Zuhr	Day 6	Fast 7
Monday, 12	*Zuhr Haidh ends	Day 7	**Fast 8 /keep qadha

IMPORTANT!!!

*As soon as you stop bleeding, you should IMMEDIATELY take a ghusl and perform the salaah of that time (in this case Zuhr), if there is still enough time left for you to perform it.

**Qadha fasts will have to be kept for the missed fasts before the next Ramadhaan.

LESSON SIX

WORKSHEET SIX

1. Explain the term 'menstrual cycle'?

2. From when will you start calculating your haidh?

3. Swaaliha's haidh began on Friday, 18 Ramadhaan at around 2pm. Her haidh stopped on the sixth day at 4pm. Using the table below, calculate how many days were her haidh and how many qadha fasts she will have to keep.

LUNAR CALENDER - RAMADHAAN			
DAY / DATE	HAIDH BEGAN (approximate time)	HAIDH DAY NUMBER....	QADHA (MISSED) FASTS

LESSON SEVEN

DURATION OF HAIDH……

<u>Minimum period of haidh</u> (3 days and 3 nights or 72 hours)
<u>Maximum period of haidh</u> (10 days and 10 nights or 240 hours)

1. Any bleeding that is less than 3 days and 3 nights or more than 10 days and 10 nights will not be regarded as haidh, it will regarded as **ISTIHAADHA**.
2. Ghusl is not necessary if you bleed for less than 72 hours. Therefore qadhaa will have to be made for any salaah missed during this time.
3. If bleeding continues after 10 days and 10 nights, one should make a fardh ghusl and begin reading salaah or keeping fardh fasts, even though one may be still bleeding.
4. An important point to remember is that before every salaah, a fresh wudhu will have to be made, and a clean pad will have to be used.
5. The minimum period of cleanliness between two haidh is 15 days.
6. There is no maximum, one can stay clean for months before another haidh starts.

Examples:

1. Minimum period of haidh: Swaaliha started bleeding on Monday 12 Muharram at Zuhr time (1 pm), and stopped bleeding on Wednesday 14 Muharram at Asr time (5 pm).

<table>
<tr><th></th><th>Date / Day</th><th>Time</th><th>Hours</th></tr>
<tr><td>Haidh began</td><td>Monday, 12</td><td>Zuhr – 1 pm</td><td rowspan="2">24 hours</td></tr>
<tr><td></td><td>Tuesday, 13</td><td>Zuhr – 1 pm</td></tr>
<tr><td>Haidh stopped</td><td>Wednesday, 14</td><td>Asr – 5 pm</td><td>52 hours</td></tr>
</table>

Swaaliha's bleeding time adds up to 52 hours. This will not be haidh because it does not fall under the minimum duration of haidh (72 hours). This will be regarded as istihaadha.

2. Maximum period of haidh: Maryam started bleeding on Monday, 1st Safar, Asr time and continued bleeding until Friday, 11 Safar, Esha time.

	Date / Day	Time	Hours
Haidh began	Monday, Safar 1	Asr, 5 pm	24 hours
	Tuesday 2	Asr	
	Wednesday 3	Asr	48 hours
	Thursday 4	Asr	72 hours
	Friday 5	Asr	96 hours
	Saturday 6	Asr	120 hours
	Sunday 7	Asr	144 hours
	Monday 8	Asr	168 hours
	Tuesday 9	Asr	192 hours
	Wednesday 10	Asr	216 hours
Haidh stopped	Thursday 11	Esha, 8 pm	243 hours

Thursday, Safar 11, ASR time, will be 240 hours for Maryam (i.e. she has completed her maximum duration of haidh). The bleeding after this (3 hours), will not be regarded as haidh, but istihaadha.

N.B. If Maryam has experienced haidh before, her previous haidh is her 'habit'. Therefore if she bled for seven days last month and for eleven days this month, seven days will be haidh and the remaining four days will be istihaadha. She will have a ghusl on the tenth day and perform qadha of all the salaah from the seventh day.

LESSON SEVEN

WORKSHEET SEVEN

1. What is the maximum period of haidh?____________________
____
____
2. What is the minimum period of haidh?____________________
____
____
3. What is istihaadha?____________________________________
____
____
____
____
4. What is the minimum amount of purity between 2 haidh?____
____
____
5. Faathima's haidh began on Tuesday, Rajab 6, fajr time and lasted for 9 days. Using the table below, calculate when her haidh will end?

	Date / Day	Time	Hours
Haidh began	Tuesday, Rajab 6	Fajr , 4:30 am	

LESSON EIGHT

WHAT SHOULD YOU DO IF YOUR HAIDH STARTS WHILST YOU ARE AT SCHOOL

1. To avoid embarrassing situations at school or madrasah, always carry a sanitary pad in your bag. If your haidh begins, you will be prepared.
2. If you experience any symptoms indicating that your haidh may begin, wear a sanitary pad beforehand.
3. If you forget to carry a pad or if your haidh starts unexpectedly for the first time, DO NOT PANIC. Get some toilet paper or tissue, fold it up into a few layers and place it in your underwear. However, do not make it a habit to continuously use tissue for long periods of time as this could cause infections.

WHAT YOU SHOULD REMEMBER IF YOUR HAIDH STARTS AT MADRASAH

1. DO NOT touch the Qur'aan-e-Kareem with bare hands.
2. If one needs to carry a Qur'aan, then always do so by using a juzdaan or a separate piece of cloth which is not attached to your body, e.g. your scarf.
3. If you are reading a kitaab which has Qur'aanic aayaat in it, make sure you do not touch the Arabic writing.
4. You cannot perform salaah or enter a musjid. If you are in Musjid-e-Haram in Makkah or Musjidun Nabawi in Madinah, you should leave immediately.
5. Do not feel shy to ask your Muallimah for any guidance, help, or a sanitary pad when you need one.
6. Inform your Muallimah that your haidh has begun so that she will not call you for Qur'aan sabaq.
7. It is absolutely important to come to madrasah during your haidh. Do not stay absent from madrasah as you will miss your lessons.
8. You may continue with all other subjects such as Duas, Hadith, Fiqh, Aqaaid, Akhlaaq, Urdu and practicals.

LESSON EIGHT

WORKSHEET EIGHT

1. What can you do to prevent embarrassing situations?________
____
____
2. If your haidh starts unexpectedly, what should you do?______
____
____
3. During haidh, how should you carry a Qur'aan?____________
____
4. When you are reading a kitaab with Qur'aanic aayaat in it, what should you be careful of?________________________________
____
____
5. If you are in a Musjid and your haidh begins, what should you do?____
____
____
6. Why is it important to inform your muallimah that your haidh has begun?____
____
____
7. Why is it necessary to come to madrasah even during your haidh?____
____
____
____

LESSON NINE

HAIDH AND SALAAH

During our haidh, we are prohibited from reading salaah or fasting. We do not have to make qadhaa for our salaah missed during haidh. Qadha means to perform a salaah after the time of the salaah has elapsed or after having missed it. However we will have to keep qadha for the fasts we missed. The reason for being excused from salaah and fasting is that during haidh we are in a state of impurity.

- **We should remember to be punctual in making ghusl as soon as the haidh is over and perform the salaah of that prescribed time. Delaying the salaah unnecessarily is a major sin.**

MAS'ALA ONE:

If haidh stopped just before the expiry time of a salaah e.g. 15 minutes before the time of Zuhr expires, then you should immediately take ghusl and perform the Zuhr salaah.

In the case of Fajr salaah, we should be very careful not to delay our salaah too close to the expiry time, because you could be reading your salaah at a forbidden time (i.e. sunrise).

MAS'ALA TWO:

Maryam puts on a pad at Zuhr time on the last day of her haidh. At Asr time, she noticed that the pad was clean (totally white, no discharges). In such an instance we will say that her haidh finished at the time she put on her pad (which was at Zuhr time). She will now have to make ghusl immediately and perform qadha for Zuhr salaah.

MAS'ALA THREE:

If haidh starts during a salaah time, and the salaah was not performed as yet, it is forgiven and qadha is not necessary.

LESSON NINE

WORKSHEET NINE

1. What is the difference between missed salaah and missed fasts?
____
____
____
____

2. Why are we prohibited from reading salaah and fasting during our haidh?_______________________________________
____
____
____

3. Why is it important to make ghusl immediately after haidh? __
____
____
____

4. What should you do if your haidh stopped 15 minutes before the time of Zuhr expires?______________________________
____
____
____
____
____

5. After reading mas'ala 2, when will we say that Maryam has become paak (clean)?_____________________________
____
____
____
____
____
____
____

LESSON TEN

TIMES OF SALAAH

FAJR: (morning) Salaah

Begins - The time of Fajr begins after subha sadiq (true dawn or when a whitish light appears in the sky) or when sehri ends.

Ends - It ends when the tip of the sun rises on the horizon (the area where the earth and sky seem to meet)
It is haraam to perform any salaah whilst the sun is rising.
The time for Fajr lasts for approximately 1 hour and 20 minutes.

ZUHR: (midday) Salaah

Begins - The time of Zuhr begins immediately after zawaal. Zawaal is when the sun reaches it highest point in the sky. It is haraam to perform any salaah during this time.

Ends - It lasts until the length of the shadow of an object becomes twice the size of the object, plus the size of the shadow which was cast at zawaal.

Example: The shadow of a 1 metre stick at the time of zawaal was 10cm. The time of Zuhr will end when the shadow of the stick is 2 metres and 10cms long.

ASR: (afternoon) Salaah

Begins - The time of Asr begins immediately after Zuhr time ends (when the shadow of an object becomes twice its size)

Ends - It lasts until sunset.
It is makrooh to read Asr when the sun becomes pale yellow. (Approximately 20 mins before Maghrib).

MAGHRIB: (evening) Salaah

Begins - It begins after sunset.

Ends - It lasts until a white glow on the western horizon disappears. This white glow appears after the red glow of twilight has disappeared.
The time of Maghrib lasts for approximately 1 hour 20 minutes.

It is makrooh to read Maghrib salaah when the stars appear.

ESHA: (night) Salaah

Begins - The time of Esha begins when the white glow of twilight disappears.

Ends - It lasts until subha sadiq. (True dawn)
It is makrooh to read Esha after midnight.

NOTE: Salaah times changes according to the seasons, therefore it is important that you find out the correct times of salaah. This can be done either by using a salaah calendar (which can be found at the Jamiat ul Ulama or Islamic bookshops) or you can find out from the local IMAAM via your mahram.

LESSON TEN

WORKSHEET TEN

1. When is it haraam to perform Fajr salaah?________________
2. When does Zuhr salaah end?____________________________
3. How many minutes before Maghrib salaah does Asr salaah become makrooh?__________________________________
4. How long does the time for Maghrib salaah last?___________
5. When does the time of Esha salaah begin and end?_________
6. Why is it important to know the correct times of salaah and how can we achieve this?_______________________________

LESSON ELEVEN

HAIDH AND FASTING

1. Fasting during haidh is not allowed, but it is not forgiven. This means that you should make a note of the number of days which you have not fasted, and keep qadha of it after the month of Ramadhaan. (Use the table on page 17 as an example to calculate how many fasts you missed)
2. During Ramadhaan, Maryam's haidh started at 10 am, on the 6th fast. She became paak on the 12th fast, at 9 am. She should now take ghusl and perform her salaah and appear as those who are fasting (i.e. she should not eat or drink anything). In total, she will have to keep 7 qadhaa fasts after Ramadhaan.
3. If haidh commences 5 minutes before Iftaar (fast ends), her fast will be broken and qadhaa will have to be kept.
4. During haidh, one should not eat in public. To do so is a sin. However, one can eat in private.
5. If you become paak before Sehri (fast begins) time ends, but you do not have enough time to make ghusl, then make niyyah for fasting and have a ghusl after sehri ends. This fast will be valid.
6. It is important to remember that even though we may not be able to fast during Ramadhaan due to haidh, we should still wake up for sehri. This is so that it does not become obvious to everybody in the house, especially our men folk (fathers, brothers, etc.) that we have our haidh. As a young woman, we must adopt Adab (respect) and modesty. Other advantages of this is that you get the thawaab of fulifilling a sunnah and after the completion of your haidh, when you have to start fasting again, your routine will not change. Waking up for sehri won't be a burden.

Sehri – A meal which a muslim eats before early dawn.
Iftaar – To break one's fast at the time of sunset.

LESSON ELEVEN

WORKSHEET ELEVEN

1. Explain fasting during haidh?____________________________
____
____
____
2. If your haidh starts 5 minutes before iftaar, is the fast valid?__
____
____
3. Can we eat in public while we are not fasting during Ramadhaan?____
____
____
4. If you become paak before sehri, what should you do?_______
____
____
5. What should our behaviour be like at home when we are not fasting?____
____
____
____
6. Using the example given in point 2, draw up a table explaining how maryam will calculate her missed fasts?

LESSON TWELVE

HAIDH AND ZIKR (Remembrance of Allah ﷻ)

Nabi ﷺ has mentioned in a Hadith, that when the people will enter Jannah to enjoy the ever-lasting bounties, they will have only one regret, and that will be concerning those moments in their lives which they allowed to go by without making the zikr of Allah ﷻ.

We have already read earlier in the book that during haidh we cannot make certain ibadaat (acts of worship) like fasting, salaah, tilaawat (reciting the Qur'aan), etc. We are, however, allowed to make the zikr of Allah ﷻ. In fact, when we are experiencing haidh, we should use this opportunity to increase our zikr. In this way, even though we are in a napaak state, we will be earning for ourselves great reward and the pleasure of Allah ﷻ.

Below is a list of some recommended azkaar:

1. In a Hadith, it is mentioned, that there is a pillar in front of the Arsh of Allah ﷻ, which begins vibrating heavily when a person recites.

لا اله الا الله

'LA ILAHA ILLALAH'

Allah ﷻ commands: 'Stop! Be at ease!
The pillar replies: 'How can I be at ease when the reciter of لا اله الا الله has not been forgiven?'
Then Allah ﷻ says to it: 'Stop! I have forgiven the reciter of لا اله الا الله.'

It is suggested that this zikr be read 100 times daily. It is said in a Hadith: 'The person who reads this kalimah 100 times daily, his face will shine as brightly as the full moon on the Day of Qiyaamah." However, during our haidh, we should read this in abundance.

2. The kitaab 'MY COMPANION'[1] is a must to have and should be read on a daily basis, especially the manzil. To recite certain verses of the Qur'aan with the intention of DUA is also permissible. Other forms of azkaar are also included in this kitaab. Care should be taken not to touch any Qur'aanic aayah.

3. Women are more easily affected by shaytaan during their haidh as they are now in a napaak state. We should therefore take extra precautions during this time of the month by seeking the protection of Allah ﷻ.

   The following method of seeking protection was practised by Nabi ﷺ, therefore, we will be getting a two-fold reward, one for practising on a sunnah and secondly, we will be receiving the protection of Allah ﷻ.

   Before going to bed……

   Recite Aayatul kursi and the 3 Quls (Surah Ikhlaas, Falaq and Naas), blow onto the palms of both the hands and pass them over the whole body. Start from the head, continuing over the front part of the body, as much as one is able to reach and then do the same with the back portion of the body. This should be done 3 times.

[1] By Al-Islaah publications

LESSON TWELVE

WORKSHEET TWELVE

1. What will be the regret of the Jannatis?
2. Which form of Ibaadat is allowed in all conditions (paak/napaak)?
3. What benefit does the recitation of the kalimah have?
4. How can a woman protect herself from shaytaan?

LESSON THIRTEEN

ISTIHAADHA

Istihaadha means bleeding due to an illness.

E.g. If you bleed for less than 3 days and 3 nights (72 hours) or more than 10 days and 10 nights (240 hours), then this type of bleeding will be known as istihaadha.

A woman who has this illness must perform salaah and fast in Ramadhaan. She can also touch and recite the Qur'aan-e-Kareem.

NIFAAS

Nifaas is the blood that flows after child-birth.

The maximum period for nifaas is 40 days. (One does not have to wait for 40 days in order to become paak / clean. Bleeding could stop in a few days also.) The bleeding after 40 days will be istihaadha. There is no minimum period for nifaas.

LESSON THIRTEEN

WORKSHEET THIRTEEN

1. Explain istihaadha?

2. When will bleeding be considered as istihaadha?

3. What is the ruling of Ibaadah during istihaadha?

4. Explain Nifaas?

5. What is the maximum number of days for Nifaas?

BENEFITS OF PERFORMING SALAAH

Hafiz ibn Qayyim رَحْمَةُ اللهِ عَلَيْهِ writes: "Salaat ensures daily bread, promotes health, drives out diseases, strengthens the heart, brings light and beauty on the face, pleases the soul, refreshes the body, gets rid of laziness, relaxes the mind, feeds the soul, illuminates the heart and guarantees Allah's ﷻ favour. It grants protection against Allah's ﷻ punishment. It keeps shaytaan away and brings us nearer to Allah ﷻ. In short, salaah is the guarantee for all that is good and a protection against all that is evil for both body and soul, equally in this world and the hereafter." (Fadhaail-e-A'mal - Virtues of Salaah. Pg 32)

Nabi-e-Kareem ﷺ has said: "If some major sins of a Muslim lands him in Jahannam, the fire would not burn those parts of his body which have touched the ground while he was in sajdah during his salaah." (Fadhaail-e-A'mal –Virtues of Salaah, pg 28)

Nabi-e-Kareem ﷺ has said: "When a person stands in salaah, the gates of jannah are let open and all the veils between him and Allah ﷻ are lifted." (provided that he does not spoil his salaah by coughing, etc.) (Fadhaail-e-A'mal – Virtues of Salaah, pg 28)

WARNING FOR NEGLECTING SALAAH

It is stated in a Hadith: Allah ﷻ gives 5 favours to a person who protects his salaah, viz: His daily bread is made easy for him, he is saved from the punishments in the grave, he shall receive his book of deeds in his right hand on The Day of Qiyaamah, he shall cross the 'pul siraat'(bridge across Jahannum) with the speed of lightning and he will enter Jannah without reckoning.

As for him who neglects his salaah, He shall meet 5 types of punishments in this world, 3 at the time of death, 3 in the grave, and 3 after resurrection.

Those in this world are: He is not blessed in this life, he is deprived of the light with which the faces of the righteous are blessed, he

receives no reward for his good practices, his duas are not answered, and he has no share in the duas of the pious.

Those at the time of death are: He dies disgracefully, he dies hungry, he dies of such thirst that the water in the oceans of the world will not be able quench.

Those in the grave are: He is so squeezed there that the ribs of one side interlace the ribs of the other side, fire is kindled inside his grave and he is rolled on cinders day and night, a serpent with fiery eyes and iron nails equal in length to a days journey is let loose on him and shouts with a thundering voice, "My lord has made me in charge of punishing you till sunrise for neglecting Fajr, till Asr for neglecting Zuhr, till sunset for neglecting Asr, till Esha for neglecting Maghrib and till dawn for neglecting Esha."

The serpent will keep on punishing him in this way until the Day of Qiyaamah. Each blow pushes him to a depth of 70 arms length.

Those after resurrection are: His reckoning will be extremely difficult, Allah ﷻ will be angry with him and he will be thrown into the fire. According to one report, he will have the following three lines written on his forehead:

"Oh you who neglected Allah's ﷻ duty"
"Oh you who has deserved Allah's ﷻ wrath"
"Now despair of Allah's ﷻ mercy as you neglected your duty to Allah ﷻ"

May Allah ﷻ give us all the ability to perform every salaah on time, and may Allah ﷻ forgive us and have mercy on us and grant us His pleasure and success in this world and the aakhirah. Aameen!!!

SAAHIB – E – TARTEEB

(A person who has no qadhaa salaah)

Insha-Allah, after having made the intention of being punctual with your salaah, you should now try your very best to remain firm on this intention. If, however, after making every effort not to miss a single salaah, for some reason, you happen to miss less than 5 Salaah from the time you became baaligha (matured), then you will be known as a Saahib-e-tarteeb.

Below are some rulings regarding a Saahib-e-Tarteeb:

- A person will only be regarded as a Saahib-e-Tarteeb if she has missed 5 salaah or less. The reason a person is given this title is because she will have to make up for these missed salaah by performing them in the 'order' that she missed them. That is why the word 'tarteeb' (which means, to do something in order) is used. Eg: If a person misses the salaah of an entire day, then she should read them in the order that she missed them. The salaah she missed first should be read first.
- If a person missed 6 salaah or more, she will not be regarded as a saahib-e-tarteeb. (The salaah she missed will not have to be performed in order)
- Qadha is only made for fardh and witr salaah. There is no qadha for sunnah or nafl salaah. However, if a person misses Fajr salaah and makes qadha of it before midday, then she should also make qadha of the sunnah of Fajr. If she makes qadha after midday, she should only make qadha of the fardh. If she missed Esha salaah, then qadha of the fardh and witr will have to be performed.
- If you get your haidh whilst performing a sunnah or nafl salaah, then in this case you will have to make qadhaa for it.

بسم الله والصلاة والسلام على رسول الله

A LETTER TO MY BELOVED SISTER!!!

Dearest sister in Islam........

السلام عليكم ورحمة الله وبركاته

You do not know me and I do not know you, but we are bound together as sisters in Islam because we are the readers of the Kalimah 'La ilaaha illalahu Muhammadur Rasulullah ﷺ It is because of this Kalimah that today I wish to share with you a small part of my life and to give you the most valuable piece of advice you will ever receive. Let me begin.......

بسم الله توكلت على الله

I am a born muslim, Alhamdulillah. However, I did not grow up in a Deeni (Islamic) environment. I watched movies, listened to music, intermingled with ghair mahram males and was not particular about many aspects of deen, especially SALAAH! Today, this has become a means of great sorrow, regret and fear for me. (As you read on, you will understand).

I lived my life as a very carefree person. My Deen and its commandments had no place in my life. I knew nothing about Deen and I did not care to find out. It made no difference to me and I was not bothered about it. I was not concerned about performing my salaah. At that time, it was not important to me. If I felt like reading Salaah, I would, if I did not feel like reading, I did not care about it.

I watched movies for hours on end. If the adhaan was called out while I watched, I would pause it, wait for the adhaan to finish and continue watching. Salaah after salaah would pass by. It made no difference to me when I used to go out for the entire day and missed all my salaah.

The thought of where and how I would perform salaah never crossed my mind. I would be too busy enjoying myself to worry about performing salaah. It was no big deal to me whether I read it or not.

My dadima was a very pious lady (May Allah ﷻ bless her with Jannatul Firdaus and fill her qabr with Nur. Ameen). She fasted most days and woke up for tahajjud salaah almost every night. You would always find her reading the Quran-e-Kareem or making zikr. Dadima used to constantly 'nag' me to read salaah. Her 'nagging' used to irritate me to such an extent that I would get angry. When she passed away, the nagging stopped.

Now there was no one to 'nag' me about performing salaah. It suited me fine. Year after year passed and my interest in salaah did not improve. Many years later, Alhamdulillah, Allah ﷻ has given me the ability to perform my 5 daily salaah. With this, came the understanding of what a treasure I had lost with the passing away of my dadima. It is only recently that I have come to realise that dadima 'nagged' me because she loved me, she wanted what was best for me and she was only trying to protect me from the punishment of neglecting salaah. Dadima knew the importance of salaah and wanted me to know that too, but I was too blind to see it. Not taking her advice is a means of regret and great sorrow for me today.

I am trying to make up for all my qadha salaahs, and I hope to complete them before my dying day. My beloved little sister, I love you for the sake of Allah ﷻ. I plead with you to make salaah your priority and save yourself from the punishment and anger of Allah ﷻ.

Do you know how blessed you are? Have you realised how much Allah ﷻ loves you? The fact that you are reading this letter is a sign from Allah ﷻ for you to be informed of the consequences of

not performing your salaah, and so that you can begin your life correctly and save yourself from making the mistake of allowing years and years of salaah to be made qadha. Make shukr to Allah ﷻ for this great bounty.

You have read my letter and have understood the uncertain future that I face. Take lesson from it, think over it carefully and choose the kind of future you want to make for yourself. Choose carefully!! Because the choice you make will decide which will be your home in the Aakhirah.... The comforts and bounties of Jannat or the ever-lasting punishment of Jahannum!!!

I have written this letter to you, my little sister, from the deepest corners of my heart. I make dua to our Creator that the realisation of these words travel directly into the depths of your heart and affects your heart in such a way, that as of today, you will make a firm intention to start performing every salaah, regularly and punctually and that you make a firm promise to NEVER miss ONE salaah.

I am advising you as an elder sister, please take my advice. My dadima advised me, I did not listen to her and today I regret it from the bottom of my heart. Do not make the same mistake as I did. Do not earn for yourself the same punishment that I have. Save yourself from this grave sin

Make dua for this unfortunate person please. Make dua that Allah ﷻ, through HIS kindness and mercy, forgives this sinner. You are beloved to Allah ﷻ, it may be that your precious duas will be a means of salvation for me. Insha-Allah!!!!

Love...........
An unfortunate sister !!!

MODESTY IN ISLAM

"A DIAMOND IS A GIRL'S BEST FRIEND"

Allah ﷻ has blessed each and every female with THE MOST BEAUTIFUL, MOST PERFECT AND MOST VALUABLE DIAMOND….

"OUR BODY"

Unfortunately, very few of us realise what value this body has. We are not referring to the functions this body can perform, rather we are referring to how great an amaanah (trust) we have been given.

We have compared this body to a diamond, let us explain that comparison…..

Most women have this dream about owning the most perfect, sparkling, flawless diamond. Now, let us pretend that we are one of those women who actually received one. What will our reaction be?

Will we not be possessive of it? Will we not want it to be kept safe and free from flaws at all times? Will we not want it to remain perfect always? Of course we do! How do we accomplish this? We protect it!. How do we go about protecting it? Do we not ensure that we place it in a soft, velvet pouch and lock it up in a safe place where no eyes can see it and no hands can touch it. We wouldn't want any marks or smudges on it, would we? Similarly, our bodies are even more precious than this diamond. Therefore, we should protect it even more fiercely.

The question that arises is how do we go about accomplishing this? Allah ﷻ himself gives the answer to this question in the Quran-e-Kareem (Surah Ahzaab, Aayat 62)

Allah ﷻ says: "Oh Prophet ﷺ Tell your wives and your daughters and the women of the believers that they should draw over themselves their jalabeeb (loose fitting cloaks/shawls). That will make it easier for them to be recognised and they will not be harmed, and surely, Allah ﷻ is most forgiving, most merciful."

My beloved sisters, if we look closely at this aayah, we will find the love and kindness that Allah ﷻ has for us. Allah ﷻ is telling us to dress ourselves in a jalaabeeb (a loose fitting garment that does not show off the shape of our body) so that we may be 'PROTECTED'.

To us it may seem cruel that Allah ﷻ is being harsh by commanding us to dress like 'old ladies', but Wallaah! My sisters, it is not so.

We, as women, have great value in the eyes of Allah ﷻ and it is because of this love that Allah ﷻ has for us that He has given us such a command. Allah ﷻ does not want us to be harmed, Allah ﷻ does not want us to lose our value and purity. Allah ﷻ wants us to be valued and treated with respect and dignity and not to be a means of entertainment and amusement.

My sisters, when we dress like the women of the west, we are exposing ourselves to harm and inviting the wrath and anger of Allah ﷻ upon ourselves. Not only that, but the moment we step out of our homes, the eyes of every man falls upon us,

and trust me that the thoughts that go through their minds are definitely not good thoughts. The reason I am saying this is because when you leave your home, shaytaan whispers to men to look at you and have evil thoughts about you.

Shaytaan beautifies you in the eyes of these men and this is where zina (adultery) stems from. My sisters, this is one sin that we should stay far, far away from. Apart from the sin itself, stay away from everything that leads to this sin, (including dressing in a shameless way). Just as a matter of information, the punishment for zina is 100 lashes for an unmarried person, and stoning to death for a married person. (May Allah ﷻ save us all and forgive our sins. Aameen!!!)

When Allah ﷻ has such great value for a woman, then why can't you value yourselves? Why do you lower your dignity and respect by dressing in transparent, figure-hugging clothes. My sisters, why are you degrading and lowering your status in this shameful way? Wake up before it is too late!!! You are worth more than you give yourself credit for. Allah ﷻ, YOUR CREATOR knows this. When are you going to realise it? Your body is YOURS and YOURS alone, why advertise it to the whole world by exposing it? YOU ARE WORTH MORE THAN THIS!!!!

Nabi-e-Kareem ﷺ has said: "Women who wear flimsy clothing will be regarded as naked on the Day of Qiyaamah."

This means that a woman who wears clothing that does not cover her satr (those parts of the body that are fardh to cover at all times), or which are tight-fitting and transparent, then such a woman will be regarded as though she remained naked

in this world and she will be punished accordingly. (May Allah ﷻ save us all! Aameen!)

Now……let us look into our mirrors. Is the reflection that is staring back at you dressed in a way that will displease Allah ﷻ? If so… then the wrath and anger of Allah ﷻ can come upon us at any moment. Save yourself my sister, save yourself from the anger of Allah ﷻ, because when Allah ﷻ sends punishment, no force on this earth can stop it….But you can, before it comes, you can make taubah and make a firm intention to change yourself and the way you dress. May Allah ﷻ give us all the ability, courage and strength to fulfil all HIS commandments. Aameen!

On reaching maturity, the laws of hijaab, salaah, fasting, etc. become fardh upon you. If any of these are neglected, then you will now be committing a major sin and you will be liable for punishment. (Allah ﷻ save us all. Aameen!!!)

My dear sister, Allah ﷻ loves you. Love, believe and value yourself. No man has the right to set eyes on you or your body. You are worth more than that, you are better than that and you deserve better than that. Do not let anybody tell you otherwise! Do not fall for their false flattery and admiration, it is all temporary and worthless. You deserve much better and if you protect yourself, your body, your chastity and your modesty, then Allah ﷻ will reward you in abundance.

Hadhrat Sahl bin Sa'd رضي الله عنه reported that the messenger of Allah ﷺ has said: "Whoever gives me a guarantee to protect that which is between his jaws (tongue) and that which is between

his legs (the private parts), I will give him the guarantee of Jannah."

(Mishkaat ul Masaabih… Pg 411, adapted from Bukhari)

Make shukr to Allah ﷻ for what you have just read. It is guidance and advice that Allah ﷻ chose for you to receive so that you may be able to save yourselves from ever-lasting punishment. Without having to do research and just by looking around us, we will see that millions of people have fallen into this trap of shaytaan. DO NOT become one of them. Save yourself and make dua for those who are already trapped in this. Make dua that Allah ﷻ guides them and gives them the strength and courage to do what is right. Aameen!

Nabi ﷺ has advised that every woman should recite and understand the message of Surah Nur. Please read this surah and understand its meaning as soon as possible.

May Allah ﷻ protect, forgive, guide and have mercy on us all. Insha-Allah! Aameen!

DON'T BE SHY TO ASK……….

Bukhari and Muslim narrate from Hadhrat Aa'ishah رضي الله عنها that Asma bint Shakal رضي الله عنها asked Nabi ﷺ about taking a bath at the end of haidh. Nabi ﷺ said to her: "A woman should take water and pounded leaves of the lotus tree and purify herself. She should cleanse herself thoroughly. She should then pour water onto her head and rub it vigorously so that water reaches the roots of her hair. She should then pour water over her entire body. She should then take a piece of cotton wool that has been fragranced with musk and perfume her private part in order to remove the foul smell that is normally a result of the flowing blood."

Asma رضي الله عنها asked: "How should she perfume herself?" Nabi ﷺ replied: "Glory be to Allah ﷻ! She should perfume herself with (cotton wool)." So Hadhrat Aa'ishah رضي الله عنها said to her (by silently whispering to her): "You should follow the traces of blood." (In other words, wipe the place from which the blood flows with that perfumed cotton wool in order to remove the foul smell that is normally a result of the flowing blood.)

Hadhrat Aa'ishah رضي الله عنها said: "How excellent the women of the Ansaar were! Modesty and shame did not prevent them from gaining an understanding of Islam."(Prophet Muhammad ﷺ - The Teacher pg 149)

Bukhari and Muslim narrate from Hadhrat Abu Sa'id al-Khudri رضي الله عنه, who said: "The women said to Nabi ﷺ that the men have surpassed us (in benefiting from you). So set aside a day for us so that we could learn from you something that Allah ﷻ has taught you."

Nabi ﷺ said to them: "All of you should gather on such and such day." The women gathered on that day and Nabi ﷺ taught them.

The reason these ahaadith have been included is to point out the importance of asking about personal matters. Many of us, due to shyness and embarrassment do not ask about certain difficult issues.

It is our duty to ask. If we do not do so, we will continue to live our lives in total ignorance. After we pass away the same ignorance will pass to our children.

A point to remember. This aspect of our life plays a major role with regards to our ibaadat (salaah, fasting, etc), so we should be extremely particular about making sure that we keep a record of our haidh and qadhas, etc. and also that we make an effort to gain more knowledge on the rules and laws regarding female issues.

For more information and clarification of any doubts, please contact the ulama in your area via your mahram or their women-folk.

FINAL WORKSHEET- ONE MONTH LATER…..

Give yourself one month to completely implement the advice given in this book. At the end of that month, with utmost honesty, complete the assessment form below. In doing so, you will be able to determine if you have made any progress in becoming a better muslimah….

TICK THE APPROPRIATE BOX….	YES	NO	SOMETIMES
Have you become more particular about keeping yourself clean and in the state of wudhu at all times?			
Are you more careful as to how you behave around ghair mahrams?			
Do you cover your satr in the presence of ghair mahrams?			
Are you punctual in performing your 5 daily salaah?			
Are your qadhaa salaah and fasts made up for?			
Do you recite the Quran-e-Kareem daily?			
Are you respectful towards your elders?			
Do you make your ghusl after completion of your haidh without any delay?			
Are you constantly making the zikr of Allah ﷻ especially during your haidh?			
Are you dressing according to the command of Allah ﷻ?			
Are you making an effort to find out more about your deen?			

YES – Masha-Allah!!! You are proud to be a muslimah. Without doubt, you are earning for yourself the pleasure and love of Allah ﷿. May Allah ﷿ keep you steadfast on your efforts and continue to guide you towards His pleasure. Make dua for all the sisters of this ummah!

NO – My sister, why 'NO'? Look deep into your heart and ask yourself, "What is it that makes me want to make shaytaan happy and anger Allah ﷿?"

You are better than this my beloved sister. The strength is within you, pluck up the courage and bring it out. You can do it!!! Take one small step towards Allah ﷿ (make some small effort in doing what is right) and see how Allah ﷿ will run towards you. May Allah ﷿ help and guide you and us, *Insha-Allah! Aameen*!

SOMETIMES – *Al-hamdulillah* my sister! You have taken the first step by making an effort. But now, let us try a little bit harder. I know you can do it! Insha-Allah! May Allah ﷿ help you and us to achieve true success in this world and the *aakhirah. Insha-Allah! Aameen!*

HAIDH RECORD CHART

ISLAMIC MONTHS	ENGLISH MONTHS	DATE HAIDH BEGAN	DATE HAIDH ENDED	QADHA FASTS
Muharram				
Safar				
Rabi-ul-Awwal				
Rabi-ul-Thaani				
Jamad-ul-Awwal				
Jamad-ul-Thaani				
Rajab				
Sha'baan				
Ramadhaan				
Shawwaal				
Zul Qa'dah				
Zul Hijjah				

MY HAIDH DIARY

MY FIRST HAIDH………

DATE:______________________________
DAY:_______________________________

GENERAL REMARKS:

HAIDH QUERIES…………

I MUST REMEMBER TO ASK ABOUT……………….

Glossary of terms

Fardh	An act which is compulsory, you have to do it, if you do not, you will be sinful.
Sunnat	An act that Nabi-e-Kareem ﷺ said, did or liked
Mustahab	An act which is optional. You have a choice to do it. If you choose to do it, you will be rewarded and if you leave it out, there is no sin.
Ghusl	To wash the entire body according to the way shown to us by Nabi-e-Kareem ﷺ
Wudhu	To wash ourselves according to the way shown to us by Nabi-e-Kareem ﷺ.
Mahram	Those men whom you cannot marry.
Ghair Mahram	Those men whom you can marry.
Hijaab	Wearing loose fitting clothing that covers the body from head to toe.
Muraahiqah	A girl who is close to maturity
Satr	Those parts of the body that are fardh to cover at all times within the confines of the home (The entire body excluding hands up to the wrist, face and feet.)
Qadhaa	To make up for salaah / fasts that was missed.
Paak /Paaki	Pure
Napaak	Impure
Hadath-e-Akbar	A greater state of impurity that makes ghusl fardh.
Haidh	Monthly Periods
Istihaadha	Bleeding less than 3 days or more than 10 days which is a result .
Istinjaa	To wash the private parts.
Zikr	To remember Allah ﷻ
Tilaawat	To recite the Qur'aan-e-Kareem
Noor	Divine light
Ibaadat	Acts of worship